

Absecon Community Center for Seniors

Great Hall * AUMC ~ 100 Pitney Road ~ Absecon, NJ 08201

Phone: (609) 645-0013 E-mail: seniorcenterumc@comcast.net




NOVEMBER 2017



***IMPORTANT:** EVERYONE is considered a NEW CLIENT at the start of the new year. Therefore, EVERYONE must complete the brief "Client Information Sheet for 2017". Forms can be picked up at and returned to the front desk when completed. It is required by Atlantic County for us to keep updated info on file for all our clients. Failure to do so could result in our loss of funding.

2 (th): **Spotlighting Our Seniors!** Chatting with Nancy this month is "Gloria Tomei & Kathleen Wilkins" (10:15am) Cards and games will be available before and after chat

7 (t): **ELECTION DAY**  **SATISFACTION SURVEY (10am)** ~ How are we doing? Voice your opinion! Cards & games available after surveys are completed

9 (th): **Fire Safety & Prevention for Seniors (10:15am)** Ed Vincent, Atlantic County Fire Inspector Cards & games available before & after speaker

14 (t): **Rummikube Tournament! (10:15am)** Cards and games also available in the Great Hall.

16 (th): Celebrate  **Thanksgiving & November Birthdays**  at 10:15am with Flutist, Roberta Beckler & Violinist, Val Armstrong ~ Cards & games available before & after

21 (t): **BINGO (10-11:15am)** Brief presentation by our sponsor, "CARING: Adult Day & Assisted Senior Living" at 10am with Bingo to follow ~ Scrabble, Rummikube, Cards, Games & more in the Great Hall

23 (th):  ~ **CLOSED**

28 (t):  **PO-KE-NO! (10:15-11:15am)** Similar to Bingo, but played with "cards" ~ Other games also available

30 (th): **"Reminisce" with Nancy Trivia Game (10:15am)** Cards and games will also be available Cards and games also available in the Great Hall.

December 5 (t): **HOLIDAY BINGO (10:15am)** ~ Scrabble, Rummikube, Cards, Games & more in the Great Hall

 **ZUMBA CHAIR** (seated cardio workout) *with Kymbah* every Tues. 9-10am

Continue Gary & Natalie's **Tai Chi** class with their  **"Easy For Life" DVD** : every Thurs. 9-10am

 **Walk Your Way to Health** (tape) ~ every Thurs. 9-10am

Fit Body ~ Fit Mind Chair Yoga *with Naida* meets every Thurs. 12:30-1:30pm 

All Fitness Activities Are **FREE** To Our Seniors!

Lunch is served every Tues/Thurs at 11:30am. A donation of \$2.50 is requested to help defray the cost

Please either **be here by 11am for lunch or call by 11am** to let us know you are coming and to save you a seat

The Absecon Community Center for Senior Citizens is funded under Title III of the Older Americans Act of 1965, as amended, through a grant by the Division of Intergenerational Services, Atlantic County; the Citizens of Absecon; Absecon City Council; the Irene C. Brown Hurd-Price Foundation of the United Methodist Church at Absecon; and therefore, is **open to all Atlantic County senior citizens (age 60+)**.

Donations to the program are welcome, and will be used to enhance and expand existing services.

Free Transportation available for Absecon residents.